BENGALURU, WEDNESDAY, DECEMBER 14, 2022 www.Bangaloremirror.com 16 Pages PRICE ₹3

Bangalore Mirror

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Abject neglect has 20-odd remaining tenants at BDA shopping complex put up banners stating their shops are still open

HOW COMPLEX IS NEGLIGENCE

BDA used to get Rs 2 cr per annum from Indiranagar facility

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The Bangalore Development Authority's shopping complex is a landmark of Indiranagar in Bengaluru East. Spread over five acres, the shopping complex was once brim with 165 tenants including a host of public services such as the Regional Transport Office (RTO), Post Office and BangaloreOne centre. Thousands of people used to visit the shopping complex for various purposes. The BDA used to collect a revenue of around Rs 2 crore per annum from the complex.

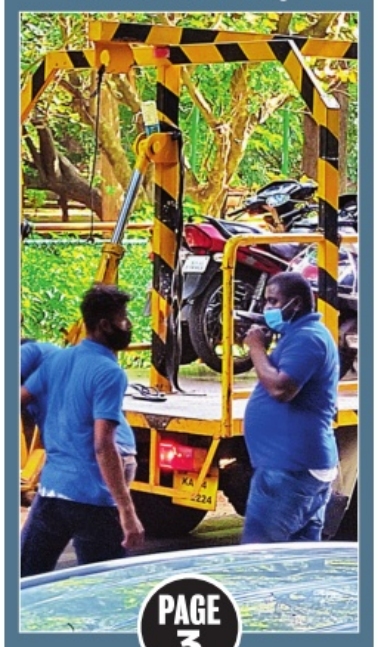
However, the facility began to lose its importance when the BDA decided to demolish it and construct two shopping malls in 2008. Soon after, the BDA issued notices to its tenants to vacate the complex for facilitating the construction of the two malls on the same spot. However, the civic body was compelled to cancel the tender process not only once but thrice due to

CONTINUED ON PAGE 6 >>

"We lost many customers who mistook shopping complex as closed due to its pitiable condition on Old Madras Road side
— Pushpa R Rai, tenant

UNDERTOW

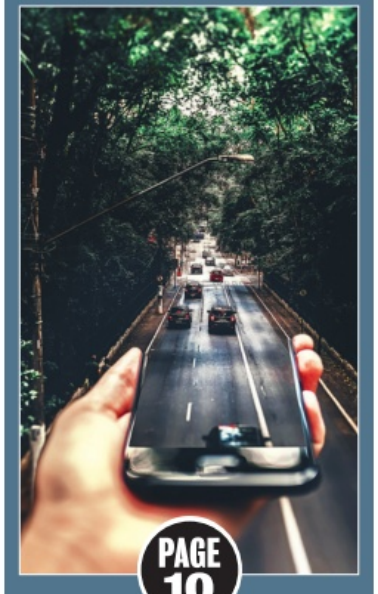
Towing 'em vehicles away; but is it necessary?



PAGE 3

GOOD MOVE

'Pass Active Mobility Bill in winter session'



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Hunt for Karnataka's talent

VK Navatare, a one-of-a-kind beauty pageant and talent hunt for college students is back, and if you're one of those who wants to shine on the ramp, this is your moment! is back. In fact, VK Navatare is the one and only beauty pageant and talent hunt conducted for college students by VK (Bangalore Mirror's sister concern and number one newspaper in Karnataka). The fifth edition of VK Navatare has begun and if you are yet to enrol, here's your chance right now. VK Navatare is an excellent platform for all the college girls aiming for a career in TV, films and entertainment in general. The participants and winners of the previous editions have made it big in their respective fields. VK Navatare as it is one of the most trustworthy beauty pageants and talent hunt and one of its kind conducted by a newspaper in Karnataka. Currently, auditions are being held at Bengaluru, Mysuru, Mangaluru, Hubballi, Belagavi, Davanagere and Kalaburagi. The entry is completely free. After auditions at regional levels, the finale will be held at Bengaluru. So, don't miss this golden opportunity and enrol now.

"VK Navatare is a prestigious event and I waited for two years to prepare and participate. It has given me a great platform. It has boosted my morale and confidence and opened up a number of career opportunities
– Manushree, VK Navatare 2021 winner

The participants of VK Navatare-5 may bag a chance to act in Star Suvarna Channel
*(Conditions Apply)

HOW TO ENROLL

Students studying in Karnataka's colleges in the age group of 18 to 23 are eligible. The interested students can send their personal biodata along with photos (both closeup and a full-size photo) along with a self-introductory video. The profiles should include necessary details: name, address, college name, class details, and parents' names along with a copy of the college identity card. The details can be sent on WhatsApp 8880852240. The last date for entry is December 20, 2022.

1 THING TO DO

01 Lock the box

Bookchor, an online bookstore for pre-owned books, is hosting 'Lock The Box,' a one-of-a-kind book sale in which you don't have to pay for individual books; instead, you pay for a box and take home as many books as you can fit into the box. The event will include genres such as fiction, non-fiction, crime, romance, books for young adults and children, adventure, science fiction, and much more. Bibliophiles can choose from three different sizes of boxes named after Greek mythology heroes: The Odysseus box, Perseus Box, and the biggest and the mightiest, the Hercules box.
Where: Shubh Convention, JP Nagar; When: December 16 – Jan 1, 9am – 10pm
Contact: 8683811218

Exams for kids? It's a classic conundrum

State Government planning to start exams for students in Class 5 and 8; the student's marks will determine if he/she has to repeat academic year

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

PICTURE FOR REPRESENTATION ONLY

The State Government is planning to start exams for grades five and eight and the student's marks will determine if he/ she will be asked to repeat the year.

The School Education Department issued a circular on Tuesday stating exams will be conducted for grades five and eight starting from this academic year.

Officials cited the provisions of the Right of Children to Free and Compulsory Education Act, 2009 which states that there shall be a regular examination in the fifth and eighth class at the end of every academic year.

If a child fails in the examination, s/he will be given additional help and granted opportunity for re-examination within a period of two months from the date of declaration of results.

The government may allow schools to hold back a child if she/he fails in the re-exam. No child should be expelled from school till completion of elementary examination.

Criticising this, Lokesh Talikatte, president of Registered Unaided Private Schools Management Association (RUPSA) said, "The circular is unscientific and is against the RTE rule. I wonder when there is no such exam in the schools following central syllabi, why is the state forcing this exam on us. The imposition of such exams will introduce an inferiority complex among students and this may force many students to quit their studies. I don't think it is right to conduct fresh exams."

"As no annual exams are conducted, it has become difficult for us to assess the learning capabilities of students
– A senior official

A senior official said, "As no annual exams are conducted, it has become difficult for us to assess the learning capabilities of students. Hence, the need of the hour is to conduct assessment tests to analyse the learning capabilities.

"For this purpose, question papers will be set up by the Karnataka School Examination and Assessment Board (KSEAB) and the exams will be conducted at class-level. The results will be evaluated, assessed and analysed at school and cluster level and this will be taken up to form an action plan for the next academic year."

D Shashi Kumar, general secretary, Associated Managements of Primary and Secondary Schools, was happy.

According to him, after 10 years, the Government of Karnataka has realised the need of assessment-based learning outcomes. This is definitely a welcome move.

The department should carefully implement so that the quality of learning outcome as well as positive reinforcement takes place., he said. This is the need of the hour. Instead of a centralised question paper, the department should leave it to the schools to frame the question papers and conduct assessment exams.

As many schools are facing problems like shortage of textbooks and the announcement coming late, we request to defer this exam till next year where students, parents and teachers will have sufficient time to prepare, he said.

Acts of kindness: Giving back what he received

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

A small act of kindness by a philanthropist has infused hope and positivity in the lives of around 200 economically weaker families at BTM Layout in Bengaluru South. Anil Shetty, a startup entrepreneur and BJP State Yuva Morcha Treasurer, disbursed scholarships worth more than Rs 20 lakh among 222 students from economically weaker families recently. Shetty said that since he did his schooling through scholarships and loans, he wanted to give back to society.

The scholarship was a great help for Padma, who works as a tailor and her husband who works as an autorickshaw driver. "Anil sir gave us Rs 10,000 each to my daughter and son. We used the amount to clear the dues at PU College and at a high school. My children are studying well thanks to his assistance," said Padma.

Mohammed Asif, who works as a mason, also described the scholarship given to his daughter as a great relief to him. "I was struggling a lot to pay the school fees for my daughter. I utilised the scholarship given by Anil Shetty sir to pay the school fees," said Asif. Benaka C, a student pursuing diploma in Diploma in Commercial Practice at Giridhar Ramnarayan Institute of Commercial Practice said that he wanted to thank Anil for giving a scholarship. "It was a great help for me. My father, being an auto rickshaw driver, has been struggling to pay the fees. I want to become a Commercial Tax Inspector and help people like me," said Benaka.

"Education can help lift families out of poverty
– Anil Shetty

Shetty also plans to extend financial assistance to around 1,000 students in the next academic year. "I was born in a poor family which could not afford my college fees. You are a talented student but you don't have the money to pay your college fees. I understand that pain. So, by giving scholarships to these students I am doing my responsibility towards society. I believe that education can lift families out of poverty and I am the living example too," he said.

Towing 'em away, but is it necessary?

Smart parking contractors may tow your vehicle away

Sridhar.Vivan
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TWEETS @sridharVMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) is gearing up to restart towing in Bengaluru, even as the city police are in two minds over the idea.

According to BBMP, the contractors who manage smart parking will be empowered to tow vehicles if the vehicles are parked in no parking zones.

BBMP's Special Commissioner (Projects) Ravindra PN said, "We have identified smart parking at 722 places. The tenders have been called and pre-bidding meetings have also been convened. We have included a clause in the tenders that the contractors who take up smart parking also need to operate towing vehicles. Each of the successful contractors will own five to six towing vehicles. In case of any unauthorised parking in the parking zone or if someone fails to pay the parking fee at these zones or if there is any unauthorised parking in no parking zones, then the contractors can tow these vehicles and drop them at the jurisdictional police stations. We are also planning to discuss the issue with the police as well."

The towing of vehicles has become a debatable issue. The city police have been arguing that towing was necessary to ensure the roads are not congested by haphazard parking. However, there are concerns on the modalities of re-starting the towing facility.

In February this year, Chief Minister Basavaraj Bommai had stopped the towing of vehicles

For the last few months, the towing activity has come to a standstill. Following complaints over gross irregularities while towing of vehicles, Chief Minister Basavaraj Bommai in February this year had ordered a stoppage of towing due to many opposing this act.

According to the traffic police, there are discussions being held at the government level on this. In the absence of towing of vehicles, police had limited themselves to photograph the vehicles parked in no-parking zones and were sending the notices to their owners.

However, the BBMP's proposed to tow the vehicles is also yet to gain popularity as it failed to garner response during the first tender for smart parking in September this year.

BBMP then called the tenders for a second time after making minor tweaks. The second tender will be taken up under design, build, finance, operation, and transfer basis. The bidder is required to operate for a period of 10 years. As per the smart parking system, there will be sensors installed which will record the entry and exit of the vehicles and the owners can pay the parking fee via cash or card. BBMP has classified the parking spots into A, B, and C categories.

CITY PAGE 10 Push for greater mobility

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Eat out & watch World Cup

Ahead of the FIFA world cup semi-finals on December 14 and 15, the city police have issued a notice permitting hotels and eateries to operate till 3:30 am.

This decision was taken following a request made by the Federation of Clubs of Karnataka.

The city police in the notice stated that, "All eateries can be open till 3:30 am on Wednesday and Thursday. This order shall apply to the places providing snacks within the limits of all police stations irrespective of any revenue districts and taluks falling under the jurisdiction of Commissionerate of Police, Bangalore City. Anyone who opens any snack bar between 3:30 am to 06:00 am will be subjected to the Karnataka Police Act 1963 Clause 103." The decision was taken to ensure that all FIFA fans get to eat outside while watching the match. —BMB

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Smart City's new year present for Bengaluru

Virtual Smart Clinics likely to be operational from 2023, they will focus on treating economically weaker sections who lack access to good healthcare

Garima Prasher
c-garima.prasher@timesgroup.com
TWEETS @BangaloreMIRROR

The Bengaluru Smart City Ltd's (BSCL) ambitious Virtual Smart Clinic (VSC) centres are likely to become functional from the new year. According to BSCL officials, while the work is still in progress at 26 out of the 27 centres under the project, the pilot facility at Palace Guttahalli is ready to begin operations.

"The pilot centre is at Guttahalli and work is already completed. We are waiting for the completion of the Central Clinical Command Centre (CCCC) which is being established at Janata Bazaar, Sadashivnagar. The work is expected to be over by December 2022," said Susheelamma, Joint Managing Director, BSCL.

The smart virtual clinics are being set up at 27 primary health care centres across Bengaluru.

The CCC centre will have as many as nine specialist doctors that will be recruited by the Chief Health Officer of the Bruhat Bengaluru Mahanagara Palike (BBMP) soon.

"The recruitment notification for doctors specialised in cardiology, dermatology, general medicine, ENT, ophthalmology, endocrinology, pediatrics, psychiatry, and general surgery has already been published by the CHO, BBMP. These doctors will be present at the CCC centre and will consult with VSC patients online," informed Susheelamma.

Each Virtual Smart clinic (VSC) will be equipped with a clinical operator to perform necessary tasks (not pictured)

Medical equipment that will be available at each VSC includes a digital stethoscope, sphygmomanometer, glucometer, ECG, derma scope, ENT examining camera, magnifying lens, examining table, digital writing pad, ophthalmoscope, fundus camera, ophthalmic refraction unit, Schirmer tear test strip, Snellen's chart, Jaeger chart, and A3 digital X-Ray scanner. The technology-based CCC centre will connect all 27 SVCs for patient consultation. The doctors, after examining the patients online, can refer them to specialty hospitals based on the diagnosis.

Each VSC will be equipped with a clinical operator to perform necessary tasks. The clinical operator will collect information about the patients and will facilitate video consultations with doctors at CCCC. Following the consultation, an electronic prescription printout will be taken. The VSCs are expected to strengthen the primary healthcare landscape of the city and reduce the burden of OPDs on community hospitals.

> **"Work at the pilot centre in Guttahalli is already over. We are waiting for the completion of the Central Clinical Command centre**
> – Susheelamma, BSCL

"The project will be leveraging technology and the digitisation process to ensure that quality healthcare reaches every person in the city. The project has been implemented keeping in mind the urban poor. Currently, economically weaker sections of society rarely get a diagnosis of the root cause of problems due to the lack of good and affordable healthcare facilities. The VSCs will be laced with high-end technological equipment to diagnose the disease and then provide the treatment," said a BSCL official.

According to the plan, there will be six VSCs in the east and south zones each, 10 VSCs in the west zone, and one VSC in Bommanahalli, Mahadevpura, RR Nagar, Yelahanka, and Dasarahalli zone each.

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The undersigned, on behalf of the President of India, Invites E-Tenders for the following works:

E-Tender Notice No.Y/E.29/2022-23/39 Dated: 25-11-2022.

Description of work	Approx. Value
(Re-tender) Provision of Solar Plants System at Service Building over Mysuru Division - Phase I and Provision of Solar Plants System at Railway Stations- Phase II.	Rs. 2,56,49,712/-

Last date for submission of bids : **Upto 11:00 Hrs. on 19-12-2022**

E-Tender Notice Y/E.29/2022-23/40 Dated: 01-12-2022

Description of work	Approx. Value
Modification of OHE for New Road Over Bridge (ROB) Construction Near Challakere (CHKE) Station.	Rs. 5,57,833.18

Last date for submission of bids : **Upto 11:00 Hrs. on 23-12-2022**

E-Tender Notice Y/E.29/2022-23/41 Dated: 01-12-2022

Description of work	Approx. Value
(Re-tender) Ashokapuram - Requirement of Additional works for AP yard Re-modelling".	Rs. 37,24,851.00

Last date for submission of bids : **Upto 11:00 Hrs. on 23-12-2022**

E-Tender Notice Y/E.29/2022-23/42 Dated: 01-12-2022

Description of work	Approx. Value
Provision of AC in Crew lobby, Left over Officers Chambers & left over Running Room over Mysuru Division.	Rs. 31,12,997.00

Last date for submission of bids : **Upto 11:00 Hrs. on 23-12-2022**

For details log on: www.ireps.gov.in

Senior Divisional Electrical Engineer
PUB/529/AAD/PRB/SWR/2022-23 **Mysuru**
S.W.Railways SWRRLY SWRRLY

Rajakaluve turns trash can in Thanisandra

Shreyashi Mukherjee
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TWEETS @BangaloreMIRROR

Residents of Thanisandra say that the rajakaluve in their area is filled with dirt and silt. Despite repeated requests, the authorities have reportedly not taken any steps to clear the same. They said that the rajakaluve has been ignored for a long time. Deepak Raj, a resident of the area, said, "All sorts of garbage from nearby households are thrown into the rajakaluve. At this rate, it will get blocked, leaving no space for the water to flow out. It is because of negligence like this that floods take place in the city."

Nitin Goyal, another resident, said, "There is a lot of silt that is accumulated in the rajakaluve and nobody has taken the initiative of clearing it up. It will cause a lot of problems when there is heavy rain in the city. These days it is raining a lot and without any warning. Hence, before another flooding incident takes place, the authorities should get it cleared up and save us residents from any kind of trouble in the future."

There are reports of people dumping all sorts of waste in the rajakaluve

Vijay Reddy, also a resident in the area, said that looking at the garbage that is already present in the rajakaluve, people assume that it is okay to dump more waste there. Such practices are making the entire area dirty, he said, adding that they have no idea that such people are only adding to their own problems by clogging the rajakaluve with garbage and plastic waste.

Residents also complained to Bangalore Mirror that the water in the rajakaluve is emanating a bad smell. Vipul K, another affected local, spoke about the stench coming from the rajakaluve that is accumulating all kinds of waste. The foul smell has spread to the entire area and is giving everyone a hard time, he added.

One more resident told BM, "The water in the rajakaluve is extremely dirty for obvious reasons, and because of all the dirt, there are insects gathering in the area. The authorities need to pay immediate attention to stop this from happening as it is very unhygienic and can cause a number of diseases. It is not safe for the people staying nearby." A BBMP official said that they would send someone to inspect the area.

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9591233247

Problems in your area?
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Faulty streetlight
Vasanthnagar

The streetlight on Sivananda Steel Bridge, Vasanthnagar remains on even in the morning. The timer is not working.

Fix the manhole
St John's Church Road

Even after three weeks, this manhole has not been fixed near St John's Church Road.

Safety risk
Jayanagar

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Flooding in cold December rain

Channasandra Main Road is flooded as silt is blocking the way of water into the Dakshina Pinakini River

Melvin Mathew
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@timesgroup.com
TWEETS @BangaloreMIRROR

With light showers falling in Bengaluru due to the Mandous effect, the Channasandra Main Road has flooded again causing major traffic congestion on the road. According to officials, it's not due to the Dakshina Pinakini River overflowing, but due to debris obstructing the flow of water.

While most of Bengaluru is not severely affected by the rains, residents living near the Channasandra bridge are struggling due to flooded roads and heavy traffic congestion. With increased rainfall in the city, the area was in trouble when the river overflowed in September. After years of being deemed to be a dead river, this year the residents of the area had to face the fury of the river in its full flow.

Waterlogging on the roads started last Saturday night and became worse by Sunday. By Tuesday, the roads were flooded leading to slow movement of traffic. Residents say that covering a distance of 300 metres is taking nearly 45 minutes.

A resident of the area Debanjan told BM that even for medical emergencies, citizens must wade through the water. "For medical emergencies, we need to go to the other side of the city. To rush to the hospital, people have to go to Hoskote and then get into Kadugodi. Even the last time when it was flooded, we were stranded for two days straight. Currently, the water is also filled with garbage and debris," he added.

The area is roughly 3 km from Hope Farm Junction and 4 km from ITPL Main Road. The Channasandra bridge is the link point between Bengaluru and the panchayat. Hoskote also houses warehouses of popular brands.

Residents say that officials are offering no permanent solution to their woes. They had also written to the Panchayat highlighting the issue and did not receive any response.

Another resident, Pratik said, "The river has not been desilted and the roads get flooded. Vehicles cannot cross the stretch. Due to this stretch, Belathur and Kadugodi also get flooded."

However, officials say that, unlike last time, the river did not overflow this time. Clement Jayakumar, General Secretary of MTF-Mobility said, "This time there is waterlogging at Channasandra bridge. Earlier, debris removed by the BBMP SWD department from Dakshina Pinakini river was left on the side of the bridge in September. Due to this, the water is not flowing into the river. We are trying to get the silt and debris cleared on an urgent basis. We are waiting for the new contractor to join and will ask them to clear the debris."

> **"For medical emergencies, we need to go to the other side of the city. To rush to the hospital, people have to go to Hoskote to get into Kadugodi**

Flex here, there & everywhere

Shreyashi Mukherjee
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TWEETS @BangaloreMIRROR

Flex banners can easily fall on and injure pedestrians, two-wheelers riders; citizens demand immediate removal of illegal eyesores

The residents of several areas are annoyed by the flourishing of flex banners in the city. They complain that despite flexes being illegal and dangerous, they are still found everywhere.

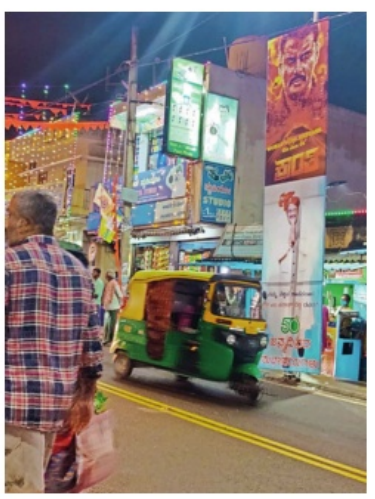
"The flexes are everywhere in the area. Despite being termed illegal, those have been present here for so many days and no one is making any effort to take them down," said Krishna R, a resident of Bommanahalli.

"They are dangerous as they can cause a lot of accidents. These days because of heavy rain and strong winds, these flexes can easily fall and injure people," he added.

"Instead of taking down these flexes completely, the new ones are pulled replacing the previous ones. There is no regard for the safety of the people. Flexes can slip and fall on pedestrians or two-wheelers riders causing significant injury," said Sudarshan Patil, another resident of the area.

Residents from other areas in the city further complained about the dangers that flexes pose.

According to Kaviraj Bhaskar, a resident of Byataranyanapura, he keeps seeing new flex banners being put up in his locality every other day.



"There is no one to regulate this practice or take down these banners. It is not just dangerous, but it also spoils the entire look of the area. The locality looks extremely bad with flexes everywhere," he said.

Bhaskar Rao, a resident of Sahakara Nagar, told Bangalore Mirror that the flex problem is causing visual pollution in the area.

"Those flexes should be removed as soon as possible. It causes a lot of inconveniences. People can get hurt and to some extent, it also hinders the view while driving which can be dangerous," he said.

"There is no place in the city that is free from flexes. Even our area is having several of these banners which have now become an eyesore," said Ashish Menon, a resident of Kodigehalli.

"People who are putting up these banners should be fined heavily and given strict punishment. Only then they will stop repeating this," he added.

Meanwhile, a Bruhat Bengaluru Mahanagara Palike (BBMP) told BM that they will look into the matter and try to do something about the issue.

BDA shopping complex in ruins

CONTINUED FROM PAGE 1

reasons best known to higher authorities.

As BDA engineers assigned for the maintenance of the shopping complex began neglecting their respective responsibilities, the shopping complex became the most neglected place in Indiranagar and fell into a period of ruin. With most tenants, including the RTO, Post Office, Bescom, BangaloreOne and many food joints vacating, the front side of the complex (on Old Madras Road side) now resembles an abandoned building. The vacant space, once used for inspecting vehicles to issue fitness certificates by the RTO, is now being used to park garbage auto tippers and compactor vehicles; the BDA is earning around Rs 30 lakh per year at present.

The poor or no maintenance of the complex has an adverse impact on the existing tenants (around 20) who have been paying the rent on time for the last four decades. Now, they are forced to put up a cloth banner at the entrance (on Double Road side) stating that their shops are still functioning.

"We have no other option than putting up banners. We lost many customers who mistook this shopping complex as closed due to its pitiable condition on the Old Madras Road side. We have been paying the rent on time till date," said Pushpa R Rai, a tenant who owns a Xerox centre.

Harish Begane, a tenant who owns a pub at the shopping complex, wants the BDA to expedite the process of rehabilitating the existing tenants and demolishing the shopping complex. "I have been paying Rs 40,000 as rent every month to the BDA. There is no maintenance undertaken of this shopping complex by the BDA," said Begane.

According to him, the issue was raised in the legislative council by MLC UB Venkatesh back in March. Venkatesh stated that around 26 tenants of Indiranagar shopping complex promptly paid the rent even during the covid pandemic but faced problems due to the delay in implementing the BDA's redevelopment plan.

Meanwhile, BDA executive engineer Mahadeva Gowda K said he has sent a detailed report to higher authorities highlighting the condition of the shopping complex. "I am aware of the condition of the shopping complex. I sympathise with the existing tenants. I hope the process of demolishing the shopping complex begins shortly," said the executive engineer.

2-wheelers' boost in country's retail vehicle sales

The festive and wedding season in India helped boost the country's total retail vehicles sales by 26% in November from a year ago, according to data from industry body Federation of Automobile Dealers Associations (FADA).

Three-wheelers sales notched the biggest jump in November, FADA data showed, with sales surging 80%, followed by tractor sales, which grew 56.8%.

Sales of commercial vehicles rose 32.8%, while the smallest gains were in two-wheelers and passenger vehicles, at 23.6% and 21.3%, respectively.

Auto sales are among the key indicators to assess India's private consumption as it has a weightage of more than 50% in calculating economic growth.

FADA tallies retail sales from dealers to buyers, sourcing data along with the Ministry of Road Transport and Highways (MORTH). Data on November's vehicle supply from manufacturers to dealers is expected from the Society of Indian Automobile Manufacturers (SIAM) later this month.

Two-wheeler sales actually dropped by a marginal 0.9% from the pre-COVID levels of November 2019, while sales rose in all other categories, including 5.1% for passenger vehicles. Total retail vehicle sales grew by 1.5% versus November 2019.

Two-wheelers and passenger vehicles generally constitute a big chunk of the sales volume.

Earlier this month, market leader Maruti Suzuki posted a 14.3% jump in sales for November, while Tata Motors, TVS Motor Co and Bajaj Auto each reported a 21.4%, 1.6%, and 19.2% jump. **– Reuters**

What we bought

SIAM Director General Rajesh Menon said the passenger vehicle segment has posted the highest ever sales in 2022-23 till November. However, the three-wheeler dispatches are still lower than 2010-11 and two-wheelers are less than the 2016-17 level, he added.

"Higher interest rates and increase in long-term insurance premium continues to be a concern for the consumers," Menon stated. The total two-wheeler wholesales last month grew 16 per cent to 12,36,190 units against 10,61,493 units in the year-ago period.

Motorcycle sales increased to 7,88,893 units last month from 6,99,949 units in November last year. Similarly, scooter wholesales rose to 4,12,832 units in November from 3,18,986 units in November 2021. The total three-wheeler dispatches surged to 45,664 units against 22,551 units a year ago. **PTI**

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I, PRAMOD KUMAR DWIVEDI, S/o SARYU DWIVEDI, resident at 103/1 1st Main, near New Sai Mandhir, VSR Layout Kadugodi, Bengaluru - 560067 Karnataka, have changed my name as PRAMOD DWIVEDI vide affidavit dated 12.12.2022 sworn before notary Y.V. Shankar, Bengaluru.

I, Subbaramaiah Malavally R/o #7, Ideal LIC colony, 4th cross, 3rd block east, Jayanagar, Bengaluru 560041, have changed my name to Subbaramaiah Malavalli affidavit Dt.12/12/2022 notary Ganesh Gowda M. V, B'luru

I, Shantha w/o Subbaramaiah Malavalli R/o #7, Ideal LIC colony, 4th cross, 3rd block east, Jayanagar, Bengaluru 560041, have changed my name to Shantha Subbaramaiah, affidavit Dt.12/12/2022 notary Ganesh Gowda M. V, B'luru

I, Chandrika W/o Muniraju K R/o No 09, 2nd Cross, Hoysala Nagara, Nagarbhavi, Bengaluru-560072 have changed my name to Chandrika Doddanna for all purposes

I Divith, S/o Chandan.B.R. R/o No, 181, T-3, Sri Sai Residency, Near Kodichikkanahalli Bus Stop, Kodichikkanahalli, Bengaluru 560076 have changed my name to Divith Chandan for all purposes.

I, Shivamurthy Mudigundam Rajashakara Murthy, R/a No.520/1, 15th main, Saraswathipuram, Mysuru-570009. I have changed my name to Shivamurthy Mudigundam Rajashekara Murthy. Vide affidavit dated : 13/12/2022. Sworn before Notary : Devaraja .E.

I, MAHAJBEEN, W/o, Syed Jalaluddin Hussain Khadri and Residing at No.612, 4th C Main, Ombr Layout, Banaswadi, Bangalore 560043 have changed my name to MAHAJABEEN vide affidavit dated 08.12.2022 sworn before notary B V Nagabhushana, Bangalore.

I, Srinath K.V, R/o #487, 5th cross, 1st main, Rajeevgandhi nagar, Laggere, Bengaluru 560058 have changed my minor son name Samraksh to SAMRAKSH S (Samraksh Srinath) affidavit Dt.12/12/2022 notary Ganesh Gowda M.V, B'luru.

I, Malathi Shanmugasundaram R/a # E 899, 3rd Main Road, Prakash Nagar, B'lore-21. I have changed my name to Karthikhasree Sadhashivan. Vide affidavit dated 13-12-22 sworn before notary Uday Kumar K Bangalore.

I Vasanth, S/o Nellirudrappa, R/o No, 28, Angadi Thimmaiah Layout, Nagashettyhalli, RMV 2nd Stage, Bengaluru 560094 have changed my name to Vasanth Rudrappa for all purposes.

I Tinny Ray W/o Abhinav Sharma R/o 7/39 , Flat No-106 , 2nd Floor , Royal Residency Roopena Agrahara Bomannaha -lli B'lore-560068 have changed my name to Tinny Abhinav Sharma for all purposes

I, RAMAKRISHNA MOHAN S/o Late. A. Ramakrishna Rao, residing at #85, Opp Gitanjali Apartment, Gitanjali Layout, HAL 3rd Stage, New Thippa sandra Post, Bengaluru-560075 have changed my name to A. MOHAN RAO vide affidavit dated 13.12.2022 sworn before notary Gangaraju B.N, B.lore.

I, MEETA SAWLANI, W/o TANMAY ASHOK DAWANE resident at 3132, Prestige Kew Gardens, Yemalur Main Road Next to Rohan Jharokha Bengaluru - 560037, Karnataka have changed my name as MEETA KAMLESH SAWLANI vide affidavit dated 12.12.2022 sworn before notary Y.V. Shankar, Bengaluru.

I, KALAVATHI W/o Ramanna Gangahanumanthaiah residing at No.533, 19th Cross, Kiloskar Layout, Hessaragatta Main Road, Bangalore 560073 have changed my name to KALAVATHI HONNASHA MAIAH vide affidavit dated 13.12.2022 sworn before notary B V Nagabhushana, B.lore.

I, Imran Khan R/O 304, Hebbal Blr-560024 have changed my minor daughter's name Shasmeen Fathima Khan to Fathima Imran Khan for all future purposes.

I, Ajas Ahamed aged 43 yrs R/o N E S Extension Hosadurga Town & Tq, Chitradurga Dist - 577527, have changed my name to Syed Ejaz for all purposes.

I, Sabjanwalishah R/o: 83, Haji Manzil, 3rd Cross, Nalbandwadi Mohalla, Ramanagara,have changed my Name as Sabjan Vali Shah

I, Afser Khan R/o: 22/9, 23rd Ward, Tippu Nagar, Ramanagara 562159, have changed my Name as Honganur Afsar Khan

I, Kavitha W/o M N Murthy R/o No 15, Dattatreya Cross Road, Gandhi Bazaar, Basava - nagudi, B'luru-560004, Have changed my name to Kavitha N Malve for all purposes

I, Imran Khan R/o 304, Hebbal Blr-560024 have changed my minor daughter's name Shasmeen Fathima Khan to Fathima Imran Khan for all future purposes.

GALLERIA

No chicken rolls for this bunch: Gang sets eatery ablaze

Ahna Prakash
c-ahna.prakash@timegroup.com
TWEETS @BangaloreMIRROR

A group of miscreants not only got in a fight with the staff of an eatery for telling them there was no chicken roll left, but also set fire to their room in the Hanumantha Nagar Police Station limits.

According to the police, nobody was injured in the fire. Two accused have been arrested so far, of which the main accused has been identified as Devraj.

"Last night, Devraj and his friends arrived at Kumar Hotel in Hanumantha Nagar to eat chicken rolls. When the staff informed them that serving hours were over and they

When told restaurant was shutting and there is no chicken roll left, gang heads straight to petrol bunk to get ammo for their irate act of arson

were about to close, Devaraj and team got into a fight with them," said the police.

Following that, Devraj and his friends went to the petrol station and bought eight litres of petrol in bottles.

"They poured the petrol on the hotel staff's room and set it on fire," added the police.

Petrol was poured on the doors and windows of the room. All the staffers managed to escape unharmed.

The police registered a case based on the complaint by the staff and arrested two accused, Devraj and Ganesh. They are still looking for the other people involved in the act.

Bus runs over 30-year-old

A Bengaluru Metropolitan Transport Corporation (BTMC) bus took another life in the city, this time of a 30-year-old man.

The victim has been identified as Deepak who came under the wheels of the bus near 14th Cross in Peenya on Monday.

The bus was on its way from Tumkur Road to Kamakshipalya, and Deepak was riding on the route. As the bus tried to overtake him, his bike slipped and he came under the wheels.

It is also known that the rider was not wearing a helmet. The police have taken the bus driver into custody.

House owner shoots thief

On Tuesday morning, a house owner shot a thief in the leg. The thief, Laxman, 20, has sustained bullet injuries.

According to the police, Rachenahalli resident Venkatesh's dog was barking loudly at 2:30 am in the compound of his house. Venkatesh, who was sleeping on the first floor, woke up and came outside to see a stranger.

He fired a shot from the double-barrel gun and hit the right leg of the stranger. As soon as he fell down after being shot, Venkatesh informed the police.

After the police admitted the injured man to the hospital and interrogated him, it was found that he was Laxman from Bagalkot who had come to the house to steal.

According to a police officer, Laxman is out of danger and is still being treated at the hospital.

Venkatesh, who is a farmer and owns a lot of land, has a licensed gun. He said that he fired in self-defence and further investigation is underway.

CRIME FILES

Based on his complaint, a case has been registered against Laxman. No criminal case has been registered against the accused in the past, added officer.

Burglars make off with ATM

Another case of automated teller machine (ATM) theft has come to light in the city.

According to the police, the thieves came in a goods vehicle and stole an ATM machine which had Rs 3.16 lakhs in it. The ATM belonged to the Bank of Baroda, Haralur Road branch.

"On the night of December 10, the thieves came in a vehicle, cut the wires attached to the ATM and took the machine and escaped," said the police.

A security guard who was deployed at the ATM centre was sleeping at the moment and did not notice the theft.

"When he got up early in the morning, he found the ATM was missing and informed the manager of the bank. The manager visited the place and then lodged a complaint with the Bellandur police station," added the police.

Whitefield Division Deputy Commissioner of Police (DCP) S. Girish said that two special teams have been formed to trace the thieves who have stolen the ATM and the money.

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CHAPTER OF ENMITY
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Push for greater mobility

Activists want Active Mobility Bill passed in upcoming winter session

Iffath Fathima
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A cyclist riding to work on an empty road near Majestic bus stand in the city (File photo)

The Directorate of Urban Land Transport (DULT) had prepared a draft Active Mobility Bill to promote walking and cycling in urban areas. However, it has been long pending for approval, and now, activists want it to be passed in the winter session of the State Assembly in Belagavi.

They pointed out that despite the Bruhat Bengaluru Mahanagara Palike (BBMP) spending crores of rupees in each ward on development of roads and footpaths, mobility is still an issue in the city.

The primary reason for this problem, they said, was delays in project implementation due to a lack of coordination among civic bodies. The Bengaluru NavaNirmana Party (BNP) alleged that a lack of interest by the government, citizen participation, and expert consultation before drafting policies were other key reasons. They demanded the state government table the bill without any further delay in the upcoming winter session to strengthen the accountability framework.

Concerned about the current mobility system in the city, Satya Arikutharam, an urban mobility expert, said, "Access to safe and convenient footpaths and sustainable urban transport is a fundamental need of every citizen and the city itself. BBMP spends crores on roads, footpaths, and pedestrian pathways, but people continue to cry for a reliable commute. What is the point of spending so much money then? It is important to have an effective active mobility plan that can be delivered competently to enable citizens to safely walk and cycle. Legislating the Active Mobility Bill will bring better standards and accountability to BBMP's footpath and cycling projects."

> **"Legislating the Active Mobility Bill will bring better standards and accountability to BBMP's footpath and cycling projects**
>
> – Satya Arikutharam, urban mobility expert

Vishnu Reddy, member of Bellandur Development Forum (BDF), said, "I have been paying taxes honestly. However, my wait for safe and convenient transport in the city seems to be getting longer. Where is all my money going? Bad roads, dug-up footpaths, and open drains have become normal disruptors that nobody seems to care about. I see most of the footpaths are encroached upon by street vendors, roadside shops, and even motorists. A dedicated lane for cyclists is far off. It is important that pedestrians, cyclists, and people who use public transportation systems should be of primary concern and have a clear place in policies before they are drafted."

Speaking about the need for passing and implementing the Active Mobility Bill, Laithamba BV, Head of Campaigns, BNP said that seamless mobility is the need of the hour. "We have supported BMLTA in the past through campaigns and signature petitions. The party continues to support initiatives for Bengaluru's effective mobility future," said Laithamba.

Emergency ECMO saves newborn

In a rare case, emergency ECMO was performed on a low birthweight neonate (1.7 kg) who suffered a life-endangering condition of pulmonary hypertension and haemorrhage. Dr Karthik Nagesh (Chairman, Neonatology-NICUs, Manipal Hospital) said that the child with underwent veno-arterial ECMO, followed by a successful surgery by the cardiac surgery team for a problem called large patent ductus arteriosus.

"The newborn girl's heart was beating fast - over 100 times per minute. Her skin had also turned pale and bluish due to decreased oxygen in her body. She was found to have a large patent ductus arteriosus. This refers to the persistent opening between the aorta and pulmonary artery, which leads to severe pulmonary arterial hypertension, causing extra blood to flow to the lungs," he explained.

Dr Devanand and Dr Lalchand (consultants in CTVS) said that even though her pulmonary pressure was reduced, her condition had worsened to the extent that she developed a pulmonary haemorrhage and acute cardiorespiratory failure. On day 17, in view of the life endangering condition, it was assessed by the treating teams that only starting immediate peripheral veno-arterial ECMO in the NICU at the bedside could save her life. A closed heart surgery called PDA ligation was also performed subsequently. She tolerated 120 hours of continuous ECMO and showed gradual improvement with no major complications.

Dr Nagesh said, "While treating pulmonary hypertension with pulmonary vasodilators, the possibility of pulmonary edema via ductus has to be kept in mind. This case is a clear indication that early and aggressive use of ECMO can help reduce neonatal mortality even in the smallest of neonates." —BMB

Badavanahalli burial ground in works

Bangalore Mirror's report prompts action by Public Works Department

Y Maheswara Reddy
c-y.reddy@timesgroup.com
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The Madhugiri tahsildar visiting the Badavanahalli burial ground on Tuesday

BM's report on Dec 12, 2022

Many social activists have appreciated the Madhugiri tahsildar who visited the burial ground in Badavanahalli on Tuesday morning. After visiting the burial ground, the tahsildar directed the Public Works Department engineer to take up development of the place and complete the work in two months.

Bangalore Mirror had earlier published a report on the plight of villages and areas across the state, such as Tumakuru district, that do not have burial plots. The report, published on December 12, explained how the revenue department officials failed to obey or implement the Karnataka High Court order passed on August 20, 2020 to provide burial grounds to all villages that do not have them. The article also narrated the story of a son who had to bury the mortal remains of his father at VS Doddi of Hutturu Gram Panchayat, Hanur taluk in Chamarajanagar district. The Karnataka Upalokayukta registered a suo moto case and directed the authorities concerned to submit a report on the measures taken to create a burial ground at VS Doddi.

Thanking Bangalore Mirror for publishing the report on the condition of burial grounds in Madhugiri Taluk, Handral Nagabhushan, a social activist, said that the Madhugiri tahsildar had paid a visit to the burial ground at Badavanahalli.

"I sent the link of the story published in Bangalore Mirror to the Deputy Commissioner of Tumakuru district. Based on the report, the Deputy Commissioner directed the tahsildar to visit the burial ground in Badavanahalli," said Nagabhushan.

> **"The tahsilar has asked the PWD engineer to ensure that the work is completed in 2 months**
>
> –Handral Nagabhushan, activist

He said the tahsildar has directed the PWD engineer and the contractor not to wait for an earth moving machine to commence work. "The tahsildar has asked the PWD engineer and the contractor to engage workers to develop the burial ground and complete the work in two months," he informed.

The development of a burial ground in Badavanahalli has been pending for quite some time despite the revenue department having funds worth Rs 10 lakh.

Pvt med colleges apply fee pressure over exam tension

Students complain some colleges insisting on next year's fee payment to issue hall tickets to sit for this academic year's exam; seek urgent intervention from RGUHS

Iffath Fathima
Iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

Students of private medical colleges under the Rajiv Gandhi University of Health Science (RGUHS) have alleged that private medical and dental colleges have been asking them to pay the academic fee for 2023 in the month of December, even before they have finished this year's examination.

The Undergraduate Medical (MBBS) theory examination of first year, second year, third year is said to begin in January 2023, starting from January 23 till the first week of February.

However, the students said that even before their examinations are over, the colleges are asking them to pay fees for the next academic year which would probably start in March 2023.

As the colleges are demanding payment of fees in advance, many students said that they are feeling pressured.

"Even before our next academic year has begun, we are asked to pay the fees in December. Our main aim is to focus on clearing the exams and getting good scores. But with the college already demanding fees for next year, this is adding pressure on us. Many of us thought we would still have time to pay the next year's fee until March. In such a short time, many parents of students do not have money to pay as the academic year fees are very high," said a third-year MBBS student from a private medical college in Raichur.

According to the student, many of the students' parents had lost jobs during covid-19. "They have just started getting new jobs this year. We want the college to give us some more time to pay. Some of the colleges are also saying that they will not issue hall tickets for those who do not pay the next academic year's fee," said the student.

Exams for the MBBS course are slated to begin in January 2023, starting from January 23 and going on till first week of February

> **"Students are not allowed to fill up examination forms, unless their next academic year fee is cleared. We need to fight against the sheer injustice** – Third-year student

Another third-year student from a private college in Bengaluru said, "Students are not allowed to fill up examination forms, unless their next academic year fee is cleared. We need to fight against the sheer injustice. All we are asking for is some more time. RGUHS can release an official circular and notify all the medical and dental colleges concerned not to pressurise the students to pay the fee of next academic year even before the examination."

Sanjay Raj, State secretary & incharge of RGUHS NSUI Karnataka condemned the act of private medical and dental colleges.

"The colleges pressuring students asking for next year's academic fee before the completion of current year examinations in the time of examinations causes mental pressure and burden to the family. This is also a time when the people of the country are just recovering from the financial crises caused by the covid-19 pandemic. The medical education minister and university officials should look into the matter seriously," said Sanjay Raj.

CRIME FILES

Verbal abuse of doc lands NGO founder in soup

An FIR has been registered against the founder of an NGO for verbally abusing a doctor.

The FIR has been registered in Soladevanahalli police station.

According to the police, the founder of the trust verbally abused a doctor of a government health care centre. An old woman was brought to the health centre and the doctor announced that she had died of a heart attack. However, the founder, Chakraborty, is said to have spread the word that she was killed due to lack of proper treatment. He also uploaded a video on his Facebook page and accused the doctor of killing a patient. He misbehaved with the doctor on duty. An FIR was registered by the doctor who was mentally disturbed by this, said the police.

Suspended DC quizzed

The Halasuru Gate Police quizzed former Bengaluru Urban Deputy Commissioner (DC) K Srinivas in the case of theft of voter data from Chilume organisation. Recently, Srinivas's anticipatory bail was dismissed in the High Court. Srinivas is said to have told the police that he was not aware of the misuse of the information and maintained that he had not done anything wrong. The police have recorded his statement and instructed him to come for questioning later.

— Ahna Prakash

Man kills father, chops body in Bagalkote

A man, about 20-years-old, has allegedly killed his father, cut his body into several pieces and dumped them in an abandoned borewell at Mantur Village near Mudhol taluk here, police said on Tuesday.

Police arrested Vithal Kulali, who is accused of killing his father Parashuram Kulali (54). — PTI

South America has dropped down by decades

Brazil won its last World Cup in 2002, 20 years ago. Argentina won it way back in 1986, 36 years ago. Uruguay last won it in the distant past in 1950, a good 72 years ago. Chile, despite winning the Copa America, have done little of note in the World Cup. So too Colombia, a quarter-finalist in 2010. Argentina are in the semis in 2022 and carry Latin American hopes.

This history of successes points to only one thing: South America needs to do some serious thinking if the continent is to recapture its pride of prominence in World football.

The World Cup is always dubbed as a South America vs Europe contest before kick-off as no other nation in any other continent has reasonably managed to claim the most prestigious trophy in the World.

But the last five ultimate World Cup winners have been European nations as they stamp their glory on the World's most popular sport.

Asia made its presence felt in 1966 when North Korea entered the quarter-finals, the first Asian nation to do so. South Korea surpassed its northern neighbour by making it to the semi-finals in 2002. Japan entered the second round in 2018 and repeated the effort in 2022 along with South Korea and Australia.

Morocco became only the first African nation to make it to the semi-final stage at Qatar 2022. Cameroon, Senegal, Nigeria had not progressed beyond the quarter-final stage all these years. Among the central and north American nations, Mexico has the impressive record of making to the last 16 and last eight often.

Germany and Italy, both four time winners, France, with their third crown in 2022, Spain and England with one each represent European success. Of course England won their only title back to date back in 1966. The other four — Germany, Italy, France and Spain — are more recent winners with all of them winning it at the turn of the 21st century and 22 years into it. It looks as though the World Cup, to have 48 teams from 2026 onwards, will promptly become a bigger version of the European Championship rather than an Inter-Continental contest, the biggest sporting event in all respects.

Brazil's forward #10 Neymar reacts after his team lost the Qatar 2022 World Cup quarter-final football match between Croatia and Brazil

With France winning it in 2022, the continental scoreline now is: Europe 13, South America 9. Remember when Brazil won it in 2002, it was 9-9. But Europe has pulled away since the last five World Cups.

How and why does Europe dominate? Europe has the most slots for qualification to the finals. Excluding a European host if any, UEFA has 13 slots in the final 32. For the 2026 edition to be hosted jointly by Mexico, Canada and USA, UEFA will have 16 slots. This naturally means that more European nations will have the opportunity to have a go at the World Cup. It is no secret that most of the 55-member nations of UEFA have a very organised domestic soccer system which keeps on producing players of good quality consistently. Most of their clubs now also have the provision to sign players of foreign origin who hold dual passports and are eligible to play for them on various grounds. This is in addition to the deep pockets most have to sign foreign players by paying them huge amounts of money.

SPORTS

This has allowed Europe to rule supreme in the World Cup even as some from Asia and Africa cause momentary flutter. Naturally strengthening the domestic leagues, providing adequate or matching support and preventing migration to other leagues is the only way forward for the South Americans. Until that invariably happens, the World Cup will be the exclusive preserve of European nations.

— By SS Shreekumar

HEALTH TIP: People who eat or drink more foods with antioxidant flavonols, found in several fruits, vegetables, tea and wine, may have a slower rate of memory decline

Potatoes contain vitamin K, which is essential in forming clots to prevent bleeding if you have a wound

BangaloreMirror | 12
Wednesday, December 14, 2022
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ACTIVE, FOR A BIT

Short bursts of physical activity during daily life may lower risk of premature death – new research

Most of us know that regular exercise is important for our health and longevity. But with our busy schedules, many of us struggle to find the time to fit in a workout. Data from our latest study has shown that you don't need a lengthy workout to get health benefits from exercise.

The research revealed that as little as three or four minutes of short, vigorous activity bursts throughout the day were associated with a substantially lower risk of premature death from all causes compared with people who did none.

To conduct our study, we recruited 25,241 participants from the UK Biobank study who reported they did not do any leisure physical activity or recreational walking more than once a week. Around 56% of participants were female, with an average age of around 62 years.

To ensure we were getting an accurate picture of their activity levels, we gave participants wearable fitness trackers – similar to smartwatches – which they wore on their wrist for a week. This allowed us to accurately monitor their activity levels throughout the day – something that most people struggle to recall.

We then linked the data collected at the start of the study with the participants' clinical records for an average of nearly seven years afterwards. This allowed us to check whether any of the participants had died, and the cause of their death.

We were careful to statistically control our analysis for factors that might otherwise explain the results – such as a person's diet or whether they smoked. We also excluded any participants who were already diagnosed with cancer and heart disease at the start of the study, as well as participants who died in the first two years of the follow-up period. This allowed us to ensure the results were more scientifically robust.

Surprisingly, even though participants had not reported doing any structured exercise, about 89% did record what's known as vigorous intermittent lifestyle physical activity on the tracker.

This is physical activity that typically lasts for less than a minute, and usually happens are part of our everyday life. Some examples of this type of physical activity include playing with children and pets, carrying shopping, climbing briskly upstairs, walking uphill or running to catch a train.

On average, participants recorded eight short bursts of activity each day, totalling just under four-and-a-half minutes. We found that just three to four short bursts of activity everyday was associated with up to a 40% reduction in premature death from any cause, as well as death from cancer. It was also associated with up to a 49% lower risk of death from cardiovascular disease.

The benefits tended to level off the more short bursts of activity a person got. The steepest gains were seen when comparing those with around four to five bouts per day to those who did none.

These results are striking but seem to align with what other research has shown. Small-scale trials have shown that very small doses of vigorous intermittent activity can improve cardiorespiratory fitness, a vital predictor of longevity.

High-intensity exercise training (short workouts between ten and 30 minutes, where short bursts of intense exercise are followed by periods of rest) has also been shown to have favourable effects on blood sugar control, cholesterol, blood pressure and obesity, which may lower risk of both cancer and cardiovascular disease.

But our study is the first to show a link between non-structured physical activity with positive health benefits.

Everyday activity

A large proportion of adults don't meet current physical activity recommendations. One in four people in England do less than 30 minutes of physical activity a week.

Many cite time restraints as a reason. By showing in our study the health benefits that everyday activity can have, it may be easier to motivate people who don't regularly work out to include at least a few short bursts of activity into their day.

Existing physical activity guidelines across the world are based on studies which have looked at the benefits of structured bouts of continuous activity – often in the form of sports, gym workouts, or a daily run. But our study shows that future public health guidance on physical activity may want to consider specific recommendations on short bouts of activity that can easily be incorporated into daily living.

While the wearable trackers we used in our study didn't provide information on where these short bursts of activity happened, many simple, everyday tasks can be considered vigorous intermittent lifestyle physical activity.

So if you're someone who may struggle to fit in a workout or may feel daunted by the task, there are probably many things you could do in your daily life to help you stay healthy – alongside many opportunities to increase the amount and intensity of the exercise you do.

(By Mark Hamer, UCL, Emmanuel Stamatakis: University of Sydney, Matthew Ahmadi: Postdoctoral Research for The Conversation)

MIRRORLIGHTS

Researchers find connection between early life trauma, binge eating disorder

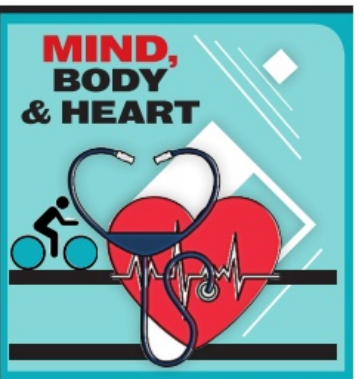
Over eight out of ten of those who have binge eating disorder, which affects about 3 percent of Americans--also experienced childhood abuse, neglect, or other trauma.

Now, a Virginia Tech scientist has identified how early life trauma may change the brain to increase the risk of binge eating later in life. Research led by principal investigator Sora Shin, an assistant professor with the Fralin Biomedical Research Institute at VTC, revealed how a pathway in the brain that typically provides signals to stop eating may be altered by early life trauma.

The discovery, obtained from studies in mice, in Nature Neuroscience on Dec. 12 adds new perspective to behaviors such as binge eating and obesity.

"We wanted to know the mechanism underlying how early life trauma induces these eating disorders," said Shin, who is also an assistant professor in the Department of Human Nutrition, Foods and Exercise in the College of Agriculture and Life Sciences. "What we found is a specific brain circuit that is vulnerable to stress, causing it to become dysfunctional."

"This finding speaks to a set of broader health questions, which is how life's health course is set based on certain early experiences," said Michael Friedlander, executive director of the Fralin Biomedical Research Institute at VTC and Virginia Tech's vice president for Health Sciences and Technology. —ANI



All problems solved

Dear Coleen

I'm a man in my 30s and recently found out, through a mate, that my girlfriend was sleeping with another guy. It happened a while ago, when our relationship was going through a rough time, and I know it's over now. I didn't have a clue this was going on at the time and my girlfriend doesn't know that I know now. We have an 18-month-old daughter now and things have been good between us. This information hasn't changed things for me in that I know I want to be with my girlfriend. But I feel we have to talk about it and I don't know how to bring it up. I don't want to rock the boat when things have been going so well between us. Do you agree that we need to get it out in the open and how should I approach it?

COLEEN SAYS

If you feel you need to talk about it and perhaps also get some reassurance in taking your relationship forward, then, yes, you should bring it up. If you don't, it'll fester and the next time you have an argument, it could come out in the heat of the moment. So, I think it's better to be calm and in control of the situation. Tell her you know she saw someone when your relationship was struggling and the reason you're bringing it up is that you want complete honesty going forward. I do believe it's important to talk about why she had this affair and why your relationship was vulnerable at the time because you need to learn from what happened and make sure whatever issues you had are being worked on. Expect that she might get defensive or angry and try to keep things to a discussion rather than an argument. It sounds like you're being very level-headed about this, but just make sure you don't get lost in this.

Your feelings count and you have every right to feel hurt by this affair.

—Coleen Nolan, Daily Mirror

Bailed out The Supreme Court on Tuesday granted anticipatory bail to businessman and Shilpa Shetty's husband Raj Kundra, models Sherlyn Chopra and Poonam Pandey in a case against them for creating obscene content and showing it on OTT platforms

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Best wishes galore

It seems the cast and crew of Padavi Poorva is a lucky bunch as many popular actors of Sandalwood are cheering them on. Recently, Navarasa Nayaka Jaggesh not only released the film's teaser at SRV Theater recently but also advised the lead actors of the film to have dedication to establish themselves as actors in Sandalwood. Jaggesh also wittily and movingly disclosed about his own struggles in the 80s to get opportunities to act and how production managers used to treat him with contempt.

The latest to give best wishes to the film is Namma Kichcha Sudeep who released one of the songs – Yaake Sikke – of the movie at his residence. The Padavi Poorva team was received well by Sudeep. "Yogaraj Bhat is known for his ability to write youth-oriented scripts and lyrics. Bhat has encouraged many youngsters to act in Kannada movies. I watched the song – Yaake Sikke – written by Bhat. The lead pair Pruthvi Shamanur and Anjali Anish have acted well. Choreography by B Dhananjaya is very good. I wish good luck to the cast and crew of Padavi Poorva. Kannada movie-goers must watch this video to support the movie," said Sudeep.

The song – Yaake Sikke – is sung by Nihal Tauro who earned name for his talent at Sa Re Ga Ma Pa Kannada Season 15.

Bachelor's woes

Krishna also known as Darling Krishna is all set to narrate the problems of most eligible bachelors in the society. Krishna's latest movie Mr Bachelor is scheduled to hit the silver screen on January 6. Milana Nagaraj and Nimika Ratnakar are paired opposite Krishna in this romantic comedy.

"This movie's shooting began before I launched my movie Love Mocktail. I agreed to act in it because I needed money to complete Love Mocktail's shooting. I appreciate the director and producers of this movie for providing all facilities including more than 50 costumes for each schedule of this movie. The director of this movie has a passion to direct without compromising with quality," said Krishna with a smile.

It is said that Krishna was a bachelor when the shooting of Mr Bachelor began and became a family man by the time its shooting was completed. Milana was not present for the launch of the song at a mall on Magadi Road. Krishna said Milana was injured during a movie's shooting and was recuperating at home.

According to director Naidu Bandar, the earlier plan was to make a commercial movie with Krishna in the lead role but the latter advised him to prepare a love-oriented script.

What made Smita Patil cry

Smita Patil passed away on December 13 in 1986, but her legacy as an acclaimed actress continues. She was always a bundle of contradictions. She was never enamoured with doing the song-and-dance routine in Hindi films. But she insisted on trying her luck in mainstream cinema mostly with disastrous results. She was especially awkward with filmy dancing.

After she shot for the rain song Aaj Rapat Jayen for Namak Halaal she rushed home, locked herself in her room and wept copiously. It was Amitabh Bachchan who convinced her that in order to look convincing doing the filmy things the actor has to be convinced first.

Smita did two of her most important commercial films Namak Halaal and Shakti with Mr Bachchan. Not many know that much before these two mega-movies Smita and Mr Bachchan were to co-star in Muzaffar Ali's Gaman.

That's right. Mr B was almost finalised to play the role that Farooq Sheikh eventually did.

From then onwards the two intense actors shared a warm bonding. Such was their rapport that Smita would drop in unannounced at the Bachchans' residence whenever she was shooting nearby, for a chat and a meal.

—Subhash K Jha, ETimes

Documentary on Olivia Newton-John

A documentary about the late music star Olivia Newton-John, who died in August 2022, is in development.

The feature-length doc will explore Newton-John's life and work as an iconic entertainer, best-selling music artist, animal rights and environmental activist and health, wellness and plant medicine advocate.

R.J. Cutler's production hub This Machine Filmworks has taken the onus of developing the project, reports Variety. This Machine has secured full authorised access to Newton-John's music and personal archives.

In 1978, Newton-John co-starred with John Travolta in 'Grease', which catapulted her into super-stardom.

During her career, she garnered four Grammy Awards, an Emmy Award and numerous other trophies. Her other feature film credits include 'Funny Things Happen Down Under', 'Toomorrow', 'Xanadu', 'Two of A Kind', 'It's My Party, Sordid Lives', 'Score: A Hockey Musical', and 'A Few Best Men'.

This Machine is behind the 2021 Oscar-shortlisted documentary 'Billie Eilish: The World's A Little Blurry', which Cutler directed. At present, the banner is at work on the Elton John documentary 'Goodbye Yellow Brick Road: The Final Elton John Performances and the Years That Made His Legend'.

— IANS

Looking glamorous is hard work!

Choreographer Vaibhavi reveals what all DP put in to rock her sizzling act

Deepika Padukone floored fans with her sizzling act in the first song of Pathaan, 'Besharam Rang' and all the glam didn't come easy for the star. Vaibhavi Merchant has choreographed this number and is over the moon with the response to the song. She said, "In my body of work, I have probably consciously made an effort to ensure that the female leads are always presented very aesthetically. For instance, with Ash (Aishwarya Rai Bachchan) in Kajra Re, I made it a point to kind of enhance the expressions in the way she did her adaakari. In Kamli with Katrina again, I kept in my mind what Katrina would look great doing. One must always study the actor you're choreographing for because it doesn't matter if the movement looks great on me or my assistants, but it must look fantastic on the actor, it should bespoke to the actor."

Speaking about working with Deepika, Vaibhavi said, "Strangely, I've never been able to choreograph something for Deepika until Besharam Rang. So, this is my first song with Deepika and I knew I had to do something really special for this one. It was very endearing for me to see her approach me and say finally we get to work with each other and I said to Deepika I truly want to make this very special for you because this is our first and I don't want to shoot a better song than this for you in future."

Revealing Deepika's dedication to the song, Vaibhavi shared, "Deepika put in a lot of hard work to look the way she is looking in Besharam Rang. She had an entire crew - dietitian, her physical trainer and the stunning costumes by Shaleena. I was mighty impressed with the way she just approached all the costumes she's like, yeah, she's cool to wear this, she's cool to wear that. So, I think that really triggered a certain style in which this song should be shot. Because I was like, I can't make her wear those costumes and make her do steps in a way that we usually shoot songs." 'Besharam Rang' was shot in Spain's coastal towns Mallorca, Cadiz and Jerez.

ETimes

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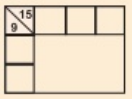
SOLVE IT IN A MINUTE

4 black cows and 3 brown cows in 5 days produce an much milk as 3 black cows and 5 brown cows do in 4 days. In this scenario which colour cow produces more milk?

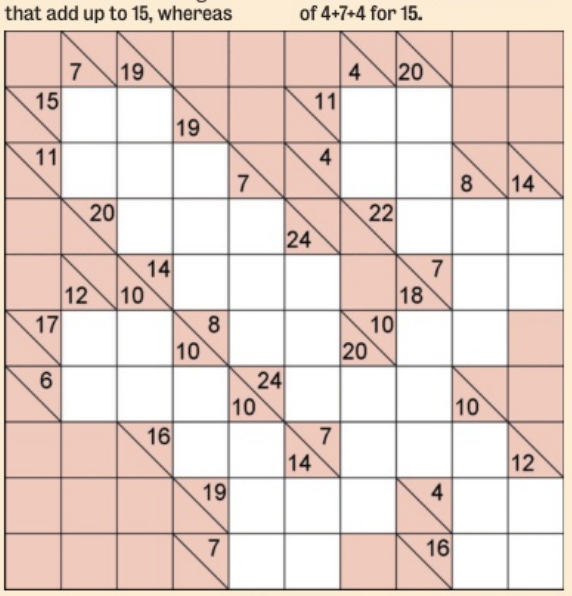
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

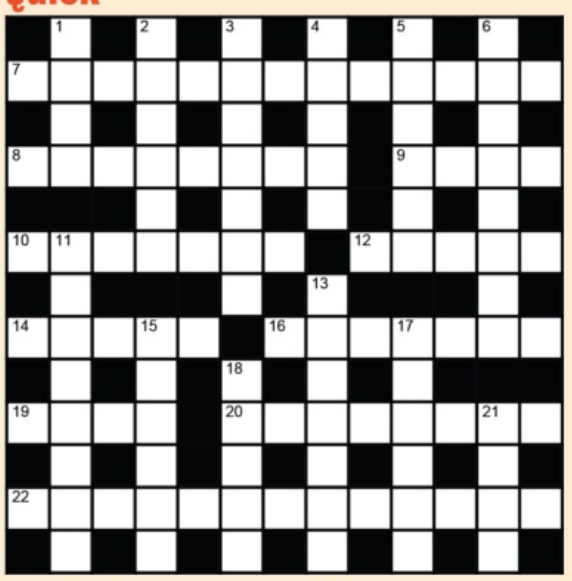


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Our High Court is also known by this name (6,7)
8 Degree holder (8)
9 Doing nothing (4)
10 Horseshoer (7)
12 Split or fissure (5)
14 Olfactory stimulus (5)
16 Set of dishes (7)
19 Colloquial way of saying `brother' ? (4)
20 Gaining back (8)
22 Underprivileged (13)

DOWN

1 Asterisk or insignia (4)
2 A male goose (6)
3 Protective wall in front of a trench (7)
4 Part of the United Kingdom (5)
5 High-pitched (6)
6 Fruitful, abundantly productive? (8)
11 ___ acid: Vitamin C (8)
13 Roman god of the sea (7)
15 Ordinary (6)
17 ____ Seth : Author of "A Suitable Boy" (6)
18 Cricket stroke (5)
21 Require (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS D

EYO'P PZAOV PZNJN FJN OY QJYQYEAGNL GNQFSLN PZN HFPNJ AL QFCK.

Linemaro

If I followed you home, would you keep me?

Mindchow

Pain is temporary. Quitting lasts forever

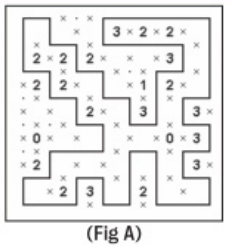
Joke of the day

Ninety nine per cent of lawyers give the rest a bad name

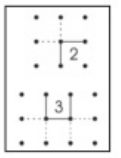
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



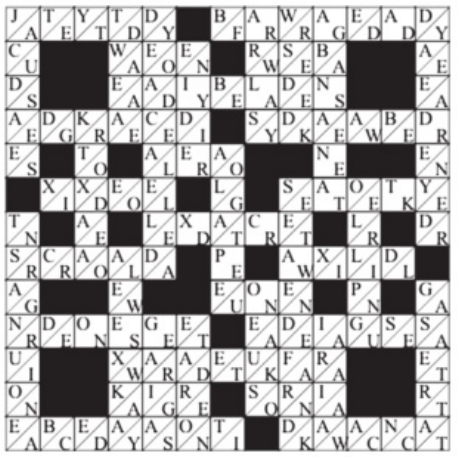
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

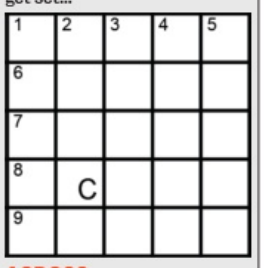
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Saree; 6 A loom; 7 Saber; 8 To tec; 9 Pshaw

DOWN

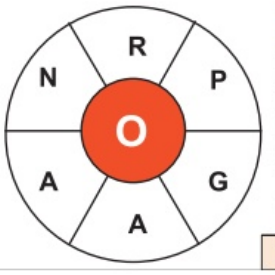
1 We mob; 2 Orach; 3 A taro; 4 Peels; 5 Asset

Mensapuzzle

What number should replace the question mark?

0, 27, 54, ?, 108, 135

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 06 Good; 08 Outstanding

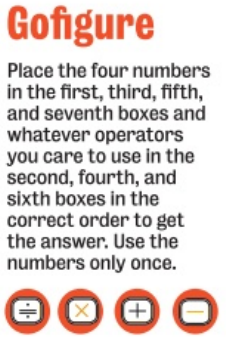
SudokuChallenge

	3					5		
8		7		5				
5			8		7	4	3	
	9	6	2					
			6		1			
					9	7	8	
	2	3	1		4			7
				8		9		1
		9					6	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 6
2 4 8 8

Medium = 4
1 3 5 6

Hard = 16
2 5 9 4

Hocusfocus

Find at least six differences in details between panels.

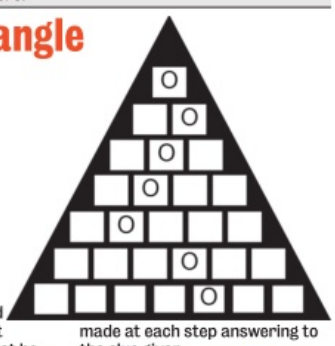
Differences: 1. Light is moved. 2. Sleeve is rolled up. 3. Hand is moved. 4. Door is moved. 5. Thumb is moved. 6. Painting is different.

Riddler

A monk has a very specific ritual for climbing up the steps to the temple. First he climbs up to the middle step and meditates for 1 minute. Then he climbs up 8 steps and faces east until he hears a bird singing. Then he walks down 12 steps and picks up a pebble. He takes one step up and tosses the pebble over his left shoulder. Now, he walks up the remaining steps three at a time which only takes him 9 paces. How many steps are there?

Alpha triangle

1 Atomic number 8
2 Infinitive word
3 Foldaway bed
4 Tag info
5 Freewheel
6 Thespians
7 Abductors



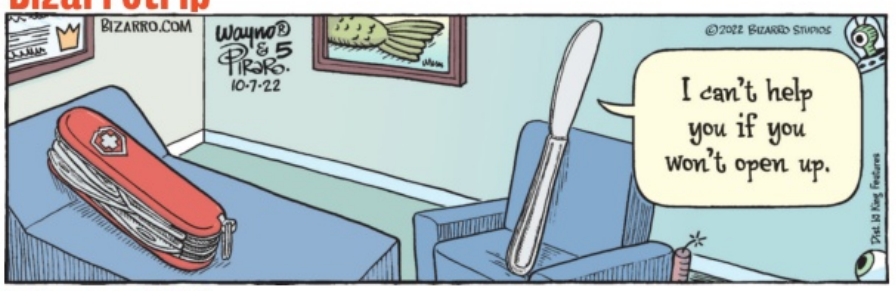
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip



Diamond Lil

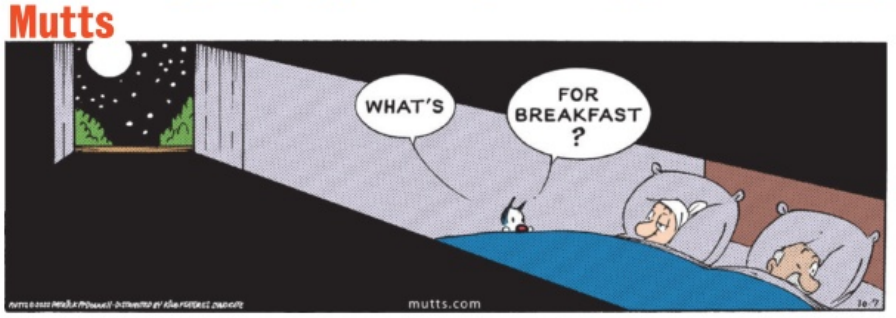
Hart of the city

SHARI, HAVE YOU SEEN MY MICROPHONE?
NEVER EVEN HEARD OF IT.
BUT YOU WERE PLAYING WITH IT JUST A FEW DAYS AGO!
LIES! I DON'T PLAY WITH TOYS!
CHAT TIME
THEN WHAT'S THIS?!
GULP!

Crankshaft

DID I FORGET TO TAKE MY PILLS ON WEDNESDAY... OR IS TODAY WEDNESDAY?
I DON'T NEED A CLOCK THAT TELLS ME THE TIME...
I NEED A CLOCK THAT TELLS ME THE DAY OF THE WEEK!
BATIUK & DAVIS
10-4

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel some dissatisfaction. You may not be able to handle your responsibilities. Your investments may give you some losses. You are advised to read documents carefully before putting your signature on them. You may plan to reconstruct your house, but it is advised to postpone renovation plans for a while.

Taurus Apr 21 – May 20
Today you may be busy at work. Your network may be increased, and with the help of that, you are likely to get a big order in terms of work. You are likely to start a new innovation in partnerships. You may get some investments in your business, which will increase its finances in the near future. Your emotional relationship with your spouse will be improved.

Gemini May 21 – Jun 21
Today you may be busy with your family. You may feel happy and enjoy time with friends too. You can expect some new sources of income, which may boost your financial health. You may have control over your expenditure on worthless things. You may buy some worthwhile things which will increase your social status.

Cancer Jun 22 – July 23
Today, elders' blessing may help you and you may try to improve your patience. Your focus may come back and help you achieve your goals. You may perform well in terms of business and your domestic life. There may be some balance between expenditures and savings. It may boost your bank balance.

Leo Jul 24 – Aug 23
Today some dissatisfaction may come into your mind, making you feel lazy and dull. It affects your current speed at a project. Be careful about silly mistakes. Lovebirds are advised to avoid any important decision in terms of marriage. Jobseekers may get disappointments in terms of interviews.

Virgo Aug 24 – Sep 23
Today your internal power will make you happy. You may get short gains in terms of investments. You will develop a good bond with your boss. You may see promotions. Your prestige in society may be increased. You may also expect some work-related travels.

Libra Sep 24 – Oct 22
Today you may be blessed by the moon. You may get a high position at work due to your hard work. Your performance in the office may be improved. You may also meet some influential person who will give you good direction to improve your life. You will manage your domestic issues very easily, which may boost harmony in the family.

Scorpio Oct 23 – Nov 22
Today you may be happy. Things may be somehow better. You may plan to visit some spiritual place as it may give you inner strength. You may also donate some amount to charity or needy people. You may expect some overseas travel in terms of education or work. Couples may find their match suitable. Singles are likely to find their soulmate.

Sagittarius Nov 23 – Dec 22
Today you may feel unhappy and dull. It affects your way of working. There may be some delay in your projects. It may affect your prestige in your professional and domestic life. It is advised to avoid adventure tours or rash driving. Lovebirds may break up. Jobseekers may be disappointed in terms of new work.

Capricorn Dec 23 – Jan 20
Today you may feel positive vibrations around you. Things are under control. You may plan to start a new business in a partnership. You may expect some long distance travel also. You will improve faith in your spouse, which will bring harmony to your domestic life.

Aquarius Jan 21 – Feb 19
Today you may perform your best in the office. You may have a good bond with the boss. You may get some new responsibilities at work. Chronic health issues may be cured now. You may get good incentives for your work too. Disputes with siblings may be resolved now. Jobseekers may find new work.

Pisces Feb 20 – Mar 20
Today your kids' education can keep you busy. You may plan for their higher studies. Couples may hear good news in terms of childbirth. You may want to update your skills and plan for higher studies for getting promotions in your current job. Singles may find their soulmate. Those related to education, consultants, and banking will do well.

KIDZONE

Arun Vinodia R, 13 Years, Karnataka Vidyashala

Kesar Jayaraj, 9 Years, Bishop Cotton Girls School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
20x+15y=12x+20y,
Then 8x=5y so y >x
brown cows give more milk

QUOTE UNCODE
Don't think there are no crocodiles because the water is calm.

FAST FIVE

M	O	O	L	A
B	A	R	E	S
O	C	T	E	T
W	H	A	P	S

BULL'S EYE
angora, apron, argon, gyroan, organ, PARAGON, prong, roan

STRIKE OUT

A	B	E	Y	A	N	T	■	D	A	C	C	A	■	■
N	■	A	G	E	■	S	R	I	■	R	■	■	■	■
I	■	W	A	D	E	K	A	R	■	T	■	■	■	■
R	E	N	E	G	E	■	A	D	A	G	E	S	■	■
A	■	E	■	E	O	N	■	N	■	A	■	■	■	■
S	C	O	L	D	■	P	■	A	X	I	L	■	■	■
T	■	E	X	A	C	T	■	R	■	D	■	■	■	■
I	■	D	O	L	■	G	■	S	T	O	K	E	■	■
S	■	O	■	L	E	A	■	N	■	■	N	■	■	■
A	G	R	E	E	D	■	S	K	E	W	E	R	■	■
D	■	E	D	I	B	L	E	S	■	■	A	■	■	■
U	■	W	O	N	■	W	E	B	■	■	E	■	■	■
J	E	T	T	Y	■	F	A	R	A	D	A	Y	■	■

QUICK

■	C	■	L	■	E	■	E	M	■	D	■	■	■	■
D	I	S	A	D	V	A	N	T	A	G	E	D	■	■
■	B	■	M	■	I	■	U	■	R	■	E	■	■	■
B	R	E	■	R	■	R	E	T	A	K	I	N	G	■
■	O	■	O	■	D	■	P	■	I	■	■	■	■	■
S	C	E	N	T	■	S	E	R	V	I	C	E	■	■
■	S	■	■	T	■	N	■	■	I	■	■	■	■	■
F	A	R	R	I	E	R	■	C	L	E	F	T	■	■
■	E	■	P	■	S	■	L	■	I	■	■	■	■	■
G	R	A	D	U	A	T	E	■	I	D	L	E	■	■
A	■	N	■	R	■	L	■	R	■	O	■	■	■	■
S	G	■	P	W	■	S	■	H	E	R	I	■	■	■

MENSA PUZZLE
81: add 27 each time.

RIDDLER
There are 49 steps. He climbs halfway, which is step 25. He hears the bird singing on step 33. He picks up the pebble on the 21st step and tosses it on the 22nd step. The remaining 27 steps are taken three at a time which is 9 paces.

SUDOKU

1	8	9	7	2	5	3	6	4
6	2	3	1	9	4	8	5	7
4	7	5	3	8	6	9	2	1
7	5	8	6	4	1	2	9	3
3	9	6	2	7	8	1	4	5
5	6	2	8	1	7	4	3	9
8	4	7	9	5	3	6	1	2
9	3	1	4	6	2	5	7	8

ALPHA TRIANGLE
0, To, Cot, Cost, Coast, Actors, Captors.

GO FIGURE
Easy
8 + 4 – 8 + 2 = 6
Medium
6 – 5 x 3 + 1 = 4
Hard
4 + 5 – 2 + 9 = 16

LOOP

KAKURO

Volume No 15, Issue No 123 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

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